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Kinky Pride organizer is not on board with the Russian vodka boycott PAGE 4

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Being open to new culture helps newcomer adapt

Finance professional Muhammad Adnan is busy adapting to life in Canada, by learning the culture and seeking practical advice from Scotiabank.

While newcomers face many challenges in a new country, Muhammad Adnan sees the positive side of his hard work over the past year, juggling day and night jobs. "I never had time to notice the snow since I went from my work to the bus stop to my next job," laughs the native of Faisalabad, Pakistan. "That's good, because it is very cold here."

Adnan has kept this upbeat attitude since he arrived in Saskatoon. Although his previous career was a risk officer in a commercial bank, Adnan quickly found work as a construction site supervisor. When the prairie winter halted building work, Adnan trained as a tax preparer at a tax return agency and later added a night shift at a pizza shop to pay the bills and support family back home.

"As an immigrant, we have to work hard," explains Adnan, who holds a Masters degree in finance. "Prepare your mind, because whatever you find, you just have to do."

But Adnan notes that his long hours of work and study helped him gain an understanding of Canadian culture, which is critical to finding a job in your own profession. "The main thing is to know the culture," he says, noting that he's made friends who are Canadians, Indians and Nepalese. "It's also good to go to immigrant associations since they help introduce you to the community."

For example, in his part-time job checking tax filer returns, he's learnt the importance of delivering good service to make customers feel comfortable. "Often clients come in worried or angry, but if you treat them in a friendly way and explain everything, you can make them more relaxed."

Adnan also observed this when he accompanied a classmate to open an account at Scotiabank's Commercial Banking and Main Branch in Saskatoon. They were pleasantly surprised that Sarah Rowe, Personal Banking Officer, took her time to patiently explain the banking options for newcomers. "She answered all our questions, and re-explained things until you got it, including how immigrants can get a credit card and mortgage."

Adnan was so impressed that he made another appointment with Sarah to open his own Scotiabank account through the ***Scotiabank StartRight***® Program[1]. The program includes a free day-to-day bank account for one year[2], a wide range of credit card options[3] and a number of other customized services and benefits.

"I had opened an account at another bank, but they just gave me a form to sign and that's it. They didn't explain how to build credit or get car financing[4]," recalls Adnan, who has since switched his account to Scotiabank.

While Adnan continues to look for work within his field, he's optimistic that his efforts will pay off. "Everyone has to start somewhere, but to get a good job or achieve your goals you've got to get to know the people and the culture. All your hard work will reward you if you think positive."

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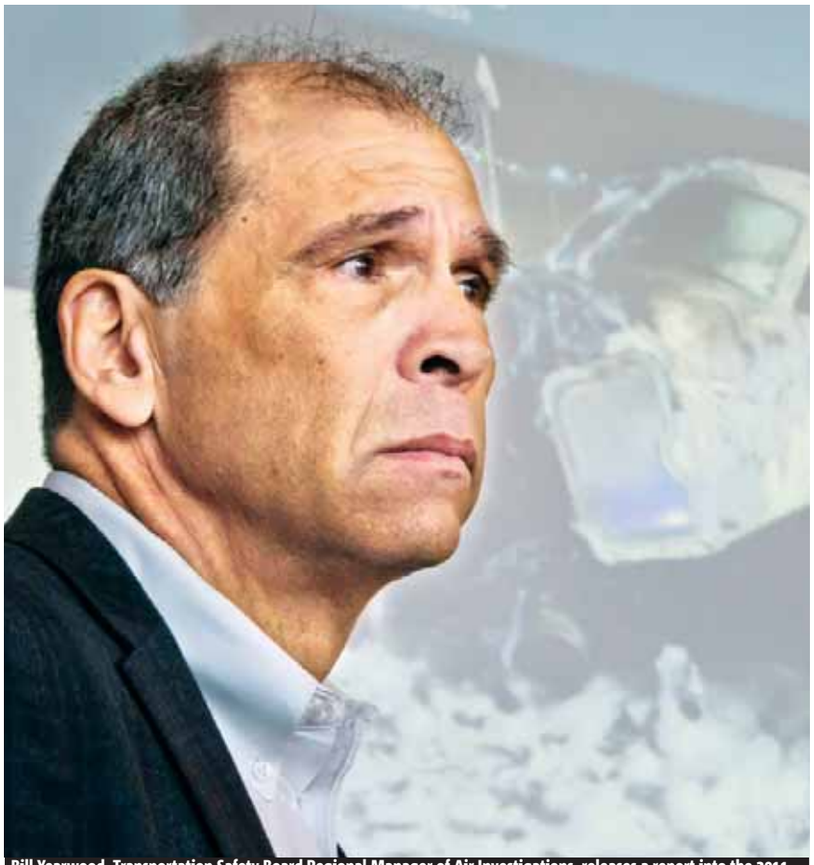
Ottawa has ignored fix that may have saved pilots: TSB



Bill Yearwood, Transportation Safety Board Regional Manager of Air Investigations, releases a report into the 2011 plane crash at Vancouver International Airport during a news conference on Wednesday. DARRYL DYCK/THE CANADIAN PRESS

2011 plane fire. System to disconnect battery in the event of a crash was advised seven years ago

The Transportation Safety Board says the federal government has repeatedly ignored recommendations designed to prevent or reduce fires after small plane crashes — changes the agency says could have spared the lives of two pilots whose twin-engine turboprop burst into flames near Vancouver's airport two years ago.

The safety board released a report Wednesday examining the October 2011 crash, in which a Beechcraft King Air operated by Northern Thunderbird Air crashed while attempting to make an emergency landing.

A long chain of events contributed to the crash, including maintenance crews' failure to properly secure an engine-oil cap, modifications to the plane's engines and propellers as well as the pilots' decision to adjust the power on only one engine as the plane approached the runway, the report says.

But investigators concluded the pilots would likely have survived the crash if arcing wires, powered by the plane's battery, hadn't fuelled a fire in the cockpit. The pilots were alive when they were pulled from the aircraft, but they later died of burn-related injuries.

"It's clear that their injuries and their deaths were caused by the fire. The physical injuries they endured were likely survivable," Bill Yearwood of the Transportation Safety Board told a news conference on Wednesday, a stone's throw from the crash site.

"Electrical arcing is (a risk) that we believe can be addressed.... Transport Canada agrees with us. However, I can't say why they haven't acted."

The Transportation Safety Board released a report in 2006 that examined post-crash fires and made a number of suggestions.

The report recommended development and installation of technology that would disconnect a plane's battery upon impact. The board has repeated its recommendations numerous times in the years since.

THE CANADIAN PRESS

Crash fallout

In addition to the deaths of the two pilots, all seven passengers were seriously injured. Six of them have since filed a lawsuit against Northern Thunderbird Air, based in Prince George.

Handgun disappears from police HQ

An officer's handgun "disappeared" from Vancouver police headquarters, pushing the force to investigate those who have access to the building at 2120 Cambie St.

The officer reported his .40-calibre Sig Sauer P226 and duty belt missing from a secured locker-room on Monday after returning from weekly leave, VPD spokesman Const. Brian Montague said Wednesday.

It's not clear at this point in the investigation if someone took the weapon by accident, and Montague "sure hopes" the officer didn't just misplace the gun elsewhere.

"We haven't been able to locate it yet; that's why we informed the public," Montague said.

Investigators are reviewing video from the building in this whodunit. Officers, civilian employees and tradespeople all have access to the locker room.

To get into the room — which doesn't have video surveillance since it's similar to a gym change room and not a gun-storage locker — a person needs a key fob to get to the floor and then a fob to get into the room.

Montague can only think of one other instance when a VPD officer lost his or her gun.

In May 2012, a firearm fell out of the officer's holster during a foot chase in the Downtown Eastside. Someone picked it up, but police eventually recovered the weapon.

EMILY JACKSON/METRO

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Safety. Campfires banned along B.C.'s south coast before long weekend

Leave the firewood at home on coastal camping trips this August long weekend.

All open fires, including campfires, will be banned in all areas of B.C.'s coastal fire centre effective noon Thursday in an effort to prevent human-caused wildfires and protect public safety, according to B.C.'s wildfire management branch.

Haida Gwaii is exempt from the ban that was prompted by high to extreme fire-danger ratings throughout the region extending past Chilliwack to the east and Bella Bella to the north.

Warm and dry weather patterns — July was Vancouver's sunniest month on record — have spurred "aggressive" fires.

Since crews are expecting lightning over the next week and are already busy fighting fires, a campfire ban could help prevent human-caused fires that would divert critical resources.

The prohibition applies to all B.C. parks, Crown and private lands, but not within municipalities that have their own bylaws and fire departments. It applies to fires, industrial burning, fireworks, tiki torches, sky lanterns and burning barrels, but does not apply to cooking stoves or portable campfire devices using gas, propane or briquettes.

Breaking the ban can result in a $345 ticket. Causing a wildfire, whether by arson or recklessness, can lead to a $1-million fine, three years in jail and footing the firefighting bill.

The fire ban will last until Oct. 15 unless the public is advised otherwise. For the latest wildfire information, visit bcwildfire.ca. EMILY JACKSON/METRO

Bundle of stress. Birth weight charts causing anxiety for parents: Study

One-size-fits-all birth weight charts that expect a Chinese baby, for example, to weigh the same as a Caucasian baby are causing doctors to misclassify some newborns as underweight, a new UBC study has found.

The study, published online by the American Journal of Obstetrics and Gynecology, shows that ethnicity-specific birth weight charts are better at identifying newborns who are small for gestational age (SGA). The classification is associated with hypothermia, hypoglycemia, infection and admission to the neonatal intensive-care unit.

The study's lead author, Gillian Hanley, a postdoctoral fellow with UBC's School of Population and Public Health and the Child & Family Research Institute, says the model is causing undue parental anxiety, testing and increased health-care costs.

"Developing and implementing ethnicity-based standards can help better direct attention to those babies who need it the most," she said in a statement.

KATE WEBB/METRO

Kamloops

Man found guilty in attack that led to brain injury

A man who thrust a pool cue through the eye of a fellow student at a nightclub in Kamloops causing a brain injury, has been found guilty. Sentencing for Yousef Almotairi will be next Tuesday in connection with the assault that left 28-year-old Abdulaziz Alhedaib partially paralyzed on the left side of his body after he spent six months in hospital.

THE CANADIAN PRESS

Charged

Local suspect in money-laundering case may be in Vietnam

The RCMP says it has issued a warrant for a 26-year-old Burnaby man who is wanted on money-laundering-related charges in Canada but who may have already fled to Vietnam.

Cong Dinh has been charged with laundering the proceeds of crime and possession of the proceeds of crime.

THE CANADIAN PRESS

Practising yoga during the dog days of summer

Jennifer Lee, lower right, practises yoga with hundreds of other people as her dog, Jet, lies on her chest during a free lunch-hour session at Jack Poole Plaza in downtown Vancouver on Wednesday.

DARRYL DYCK/THE CANADIAN PRESS

Kinky Pride Party to serve Russian vodka

Global boycott. The drink is being targeted following Russia's adoption of anti-LGBT legislation

EMILY JACKSON
emily.jackson@metronews.ca

It's being poured down bar drains across the city to protest Russia's draconian laws against the LGBT community, but Stolichnaya vodka will be served at the Kinky Pride Party in the Downtown Eastside on Sunday night.

Event organizer Reive Doig of the Noir Fetish Ball was supportive when he first heard of the boycott, originally proposed by American columnist Dan Savage to pressure Russia to change its "gay propaganda" legislation before the 2014 Sochi Olympics.

But when Doig read about Stoli's support of the LGBT community in places such as South Africa, he decided the boycott unfairly hurt a company trying to help.

"Stoli has worked with the gay community. They're trying to make a difference where they can and it just seems wrong to me," he said. "They deserve not to be tarred with the same brush."

In response to the boycott, Stoli's parent company SPI Group issued a statement pledging its "fervent" support of the LGBT community and calling the Russian government's actions "dreadful."

"I want to stress that Stoli firmly opposes such attitude and actions," CEO Val Mendeleev said.

Some Russian LGBT have told news outlets such as Gay Star News that there is "no point" to the ban.

But many, including Vancouver Coun. Tim Stevenson, support the boycott as a symbolic first step to demand acceptance of the LGBT community from the Russian government.

"Vodka obviously is hugely symbolic," Stevenson said on Thursday. "Hopefully, it starts at vodka and then moves on to other products."

The organizer's decision to serve Stoli is "naive" and lacks understanding of boycotts, Stevenson said. He pointed to the initial reluctance to boycott South African products during apartheid because restrictions hurt people across the board, but said boycotts are the most effective way to bring economic pressure to bear.

Mayor Gregor Robertson issued a statement last week condemning Russia's treatment of the LGBT community before Vancouver's 35th annual Pride Parade on Saturday.

Artwork in peril following online hype

The art installation is called Calm, but its curator has been getting more and more anxious since a YouTube video of a young man walking on it went viral.

For three months, a pile of rubble deposited next to the Shangri-La Hotel by a collective of contemporary Chinese artists sat largely unnoticed, with only the most patient and observant of passersby picking up on the subtle shifts under its surface.

But on July 26 a short clip started circulating of a young man who blatantly ignored the posted signs imploring the public not to touch it, showing him being buoyed by the fluid medium underneath.

A man and a woman walk past Calm, an unusual art installation at the Vancouver Art Gallery's off-site outdoor public art space, Wednesday. KATE WEBB/METRO

Assistant curator Diana Freundl, who helped organize the project through the Vancouver Art Gallery, said the ensuing attention and success has been bittersweet.

"Of course I'm nervous, because I'm quite partial to it and I'm nervous about that safety issue, that someone could get hurt doing it," Freundl said.

"It's not meant to be walked on so the artwork could be destroyed."

By Wednesday, the 23-second clip had garnered more than 1.4 million hits.

Calm is just the latest in a series of installations at Offsite, the VAG's outdoor public art space at West Georgia and Thurlow streets.

The piece, constructed from a demolished synagogue floor, sits in the shadow of several luxurious skyscrapers, and next to the future site of the 63-storey Trump Tower.

The artists' collective behind it intended to elicit themes such as the rise and fall of civilizations, Freundl explained, as well as deliver a critique of the simultaneous construction booms in their hometown of Shanghai and Vancouver.

Their artist statement says it is designed to "provoke us to question ways of observing, believing and understanding facts, and remind us that the truth often differs from what it seems."

Calm is scheduled to remain at Offsite until Sept. 29.

KATE WEBB/METRO

Petition. Group seeking to make Vancouver Island an autonomous province

LUKE SIMCOE
Metro Online

A petition before the B.C. legislature is calling for a return to the past, when Vancouver Island was the only self-governing colony west of Upper Canada.

Organized by a group called Vancouver Island Province, the petition calls on Canada to "take suitable measures that will lead to the Proclamation of the Province of Vancouver Island by May 16, 2021, fully 150 years after British Columbia entered the Confederation of Canada."

Prior to being amalgamated with the mainland in 1866, Vancouver Island was a separate colony with its own legislative assembly.

Laurie Gourlay, one of the people behind the petition, wants to see that autonomy returned.

"It's a coming of age thing," he said.

"There's 765,000 people on the Island now, and we've got the infrastructure and resources to maintain and manage our own affairs."

Gourlay stressed his group is not "at odds" with the province. Rather, he believes residents — and the Confederation as a whole — would be better served by recognizing the Island as a separate province.

Support

To date, Gourlay says 106 people have signed his petition.

- Copies were presented to the legislature last week by Comox Valley MLA Don McRae and Nanaimo MLA Leonard Krog.

Mounties rescue family in boat stuck on rock jetty

This boat definitely shouldn't be atop the rocks at the Steveston rock jetty. COURTESY RICHMOND RCMP

Stranded. Incident occurred after Saturday fireworks

A family boat trip to watch the fireworks at Vancouver's famed Celebration of Light Saturday ended with a rescue operation after the vessel was stranded atop the Steveston rock jetty.

Richmond RCMP's marine unit was travelling home from assisting with English Bay water patrols when crews noticed a flashlight on the jetty around 11 p.m., according to an RCMP news release.

The Fraser Guardian crew inspected the scene and found a family of six, two adults and four children, stranded in a 25-foot vessel that was "hung up on the rocks" five kilometres west of Richmond's Garry Point Park. It's unclear how the boat found itself on the precarious perch.

The crew had to call in the Richmond Royal Canadian Marine Search and Rescue to secure the boat, along with a Seaspan vessel to shine light for the rescuers as they safely transported the family to the RCMP dock in Steveston.

Brian Hobbs, president of the Strait of Georgia Marine Rescue Society, has seen boats capsize or crash in similar circumstances.

"Had those members not acted so quickly this could have been a tragic situation," Hobbs wrote in a letter to Richmond RCMP. EMILY JACKSON/METRO

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Sandy Hook remains under emotional cloud

Connecticut Gov. Dannel P. Malloy purchases a bell that encourages kindness from a toy store in the business district of Sandy Hook in Newtown, Conn., Wednesday. Seven months after 20 children and six educators were fatally shot in a Newtown elementary school, some local business owners said Wednesday that a financial downturn and an emotional pall over the town persists. JESSICA HILL/THE ASSOCIATED PRESS

TV survival tips may have saved woman

Lost in woods 12 days. Stepdad says watching Man vs. Wild gave daughter the skills to stay alive after alleged sex assault in Alberta

JEREMY NOLAIS
Metro in Calgary

The parents of an Alberta woman who was allegedly attacked and spent 12 days lost in the woods believe she may owe her life to watching TV survival shows.

According to RCMP, the 25-year-old O'Chiese First Nation resident was assaulted by a man after the truck they were travelling in became stuck on a road on July 14. She managed to escape into the bush, but became disoriented.

Metro is withholding the woman's name because she is the victim of an alleged sexual assault. Even now, she remains under heavy sedation in hospital, but RCMP and family alike have begun piecing together how she was able to survive.

It's believed she stayed alive by eating berries and keeping close to a running river, even hopping in periodically to ride the current and gain ground faster than she could while walking, according to her stepfather.

"She even knew how to properly dry her clothes," he said Wednesday. "She went through a great ordeal. I do a lot of hunting, so I know some of what it takes, but she went missing for 12 days in the woods cold turkey and with a broken jaw, at that."

RCMP Const. Nick Munro said investigators believe the woman's jaw was injured during the alleged assault and that she also sustained a concussion. Family members also report she is being treated in hospital for cuts that became infected.

The woman was found Friday, 10 kilometres from where she was last seen. But her mother said Wednesday she believes her daughter likely travelled more than 30 kilometres during the ordeal.

Family and investigators have only been able to communicate with the woman periodically as she remains heavily sedated, but her stepfather said she's shed some light on where her survival knowledge came from.

"She said she always watched that survival show Man vs. Wild," he said, referencing a Discovery Channel show starring survivalist Bear Grylls. "She learned a lot of it from that show. She's only 25 years old — it's pretty amazing."

RCMP first reported the woman missing July 18. The woman's mother said she spent days at home waiting anxiously by the phone.

"It was so heartbreaking.... I was just about a wreck," she said.

Suspect arrested

Police arrested Kevin Roy Gladue of Edmonton later in the day Friday in connection with the woman's disappearance.

- Gladue has since been charged with sexual assault, aggravated assault and obstructing a peace officer. He was scheduled to first appear in court on Wednesday.

Quoted

"I do a lot of hunting, so I know some of what it takes, but she went missing for 12 days in the woods cold turkey and with a broken jaw, at that."

Stepfather of a woman who spent 12 days lost in the woods after an alleged attack

Parents of slain Toronto teen can't eat, friend says

The parents of an 18-year-old man who died after being shot by Toronto police are devastated and barely able to eat as they prepare for their son's funeral, a close family friend said Wednesday.

"His mother hasn't eaten in days," said Joseph Nazar, adding that friends have been trying to feed her spoonfuls of soup.

Nazar said Sammy Yatim's father has also been too grief-stricken to eat.

"I've told him ... he needs to be able to stand at the funeral," Nazar said.

Ontario's police watchdog said Yatim died Saturday after receiving multiple gunshot wounds during an "interaction" with police.

The incident, which was captured on surveillance and cellphone video, has sparked public outrage over police use of force.

In one video that has circulated online, Yatim can be seen pacing an empty streetcar as shouts of "drop the knife" are heard. Then nine shots can be heard — first three shots in succession then six more after a pause of about six seconds.

Yatim's mother and sister were among hundreds of protesters who took to the streets Monday night, brandishing posters reading Protect Us From Our Protectors and Think Before You Shoot and calling for Justice for Sammy.

THE CANADIAN PRESS

Pedestrian killed

Elderly woman charged with stunt driving

An 85-year-old woman faces charges after a pedestrian was struck and killed in Vaughan, Ont., last month.

Police say that on June 10, a vehicle hit the pedestrian and her dog on a sidewalk. The pedestrian and her dog died at the scene. They say Betty Kestenberg has been charged with stunt driving for going more than 50 kilometres per hour over the speed limit. THE CANADIAN PRESS

Alleged murder plot. Two accused of conspiring to kill their spouses

Saskatchewan farmer Jim Taylor says he knew his marriage was in trouble, but he didn't at first believe Mounties when they told him that his wife was planning to kill him.

He was even more stunned when officers alleged that a man she was having an affair with was in on the scheme — and that the pair were also plotting to kill that man's wife.

Angela Nicholson and Curtis Vey, both 49, are charged with conspiring to commit murder. They have not yet applied for bail and are to appear in court on Aug. 29.

Police told Taylor that Vey's wife Brigitte tipped them to an alleged murder plot in which Vey's wife was going to die in a house fire and Taylor would die of an overdose on Halloween.

Mounties wouldn't confirm details, other than to say the charges stem from an affair. THE CANADIAN PRESS

backyard party

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The top floors of 151 Yonge St. in Toronto. You Find Work has an office on the 11th floor. JESSICA SMITH/METRO IN TORONTO

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Clients in uproar

Some clients of a string of related Toronto career-counselling companies have gone to small-claims court and vented online about the same alleged scam:

- The companies target vulnerable, out-of-work people
- They offer exclusive leads to great jobs
- They charge thousands
- Once the money is paid, they fail to deliver

Metro undercover.
Our reporter probes a twisted network of shady companies to see if there's any truth to the 'hidden job market'

JESSICA SMITH
Metro in Toronto

I'm in a tiny office in a swank tower in Toronto's financial core with Dale Smith, who runs a career-counselling business. I've been told he makes promises he doesn't keep and charges a high price for access to job postings anyone can find on Google.

He sets down a contract.

"My favourite, in the whole page, is the client-satisfaction guarantee," says Smith, circling the word "guarantee."

"It's only in the last 10 years ... that we feel so bold that we can guarantee you're going to end up with a position."

The contract is with 2375880 Ontario Limited, under the name "You Find Work" — a company that has only existed for a few months. But Smith has run similar businesses under other names, including Toronto Pathways, Job Search Success and Job Success for nearly 10 years. Before that, he did career counselling for a Canadian franchise of U.S. business Bernard Haldane Associates.

I came to his office posing as a job seeker after being tipped off by a reader.

The complaint was similar to others launched in small-claims court, posted to online consumer complaint forums and told to Metro by former clients: They promise access to a "hidden job market," an exclusive job database and contacts at big companies — for a big price tag.

Job seeker fights back— 650784 Business Corp.

At small-claims court, I found 10 lawsuits against You Find Work, Dale Smith and other companies he's worked with.

"I don't want you to use my name," said the first plaintiff I called. "You can just refer to me as the victim."

He has an MBA, a PhD and now works on economic policy in the federal government. He says he earned that job on his own.

In 2004, he was relatively new to Canada. He saw a newspaper ad for Bernard Haldane Associates and met with Smith, the general manager of BH Careers International — the legal name for Toronto franchises.

After charging $6,000, the company brought him in several times to discuss his resumé but never delivered job leads beyond what is easily found online, he claims.

The man requested his money back. His contract allowed him to get a refund for any portions of the program he had not yet completed.

The company refused. At the time, Bernard Haldane Associates was being sued by the State of Illinois for allegedly misleading consumers and had just shut down its Canadian operations.

At that time, Smith set up his own company — RD Group International — in the same location with the same staff and clients.

The man sued both companies and won, but they appealed. He didn't have the money to hire a lawyer and lost. The judge decided he hadn't proven that RD Group International was legally required to honour his contract with BH Careers.

He estimates the ordeal cost him $10,000.

New company, new complaints — 2057161 Ontario Ltd.

Havva Seydali and her husband, Serdar Feyzioglu, are taking Smith's company 2057161 Ontario Limited — formerly Toronto Pathways — to court.

"My husband was trying to find work and they contacted him first. I don't know where they got his resumé from. It was probably Monster.ca or Workopolis," Seydali said. "They gave him the impression that they were a recruiter and he had a job interview."

Next, they asked him to bring in his wife.

"They went through this ... explanation of there are two jobs and he's the perfect candidate ... and then it ended up being a service where you pay a fee and they'd guarantee 99.9 per cent you have the job," she said.

Their situation was "desperate." She'd been laid off, and her husband had recently finished a degree in industrial engineering.

"We ended up paying close to $5,000 to secure this opportunity," she said. "Instead they started sending him coaching materials on how to find a job."

A year later, the jobs never materialized and Feyzioglu is still looking for work, she said.

Their accusations haven't been proven in court.

2057161 Ontario Ltd., a.k.a. Toronto Pathways, appears to be shut down now, but Murray James Nahnybida, a former career counsellor at Pathways, registered a new company — 2375880 Ontario Ltd. — in July to do business as You Find Work, with Dale Smith as general manager.

Our experience at You Find Work—2375880 Ontario Ltd.

It's not illegal to accept money to help write resumés and prepare for interviews. It is illegal to make promises that can't be delivered.

The complaints I've heard follow the same basic pattern. I recognize that pattern while posing as a potential client.

The first meeting is about me. Smith claims they'll work with only one in 10 who want their help — forcing job seekers to prove themselves.

According to the resumé I submitted, I haven't worked since 2011, when I left a $14-an-hour job as an administrative assistant. I have an undergraduate degree in creative writing and no other work experience. But I was accepted.

Over two long interviews, he finds ways to flatter me. I dress well, carry myself well and it was my persistence in calling back twice that impressed him. It goes on and on.

At the end of the meeting he mentions there's a cost. He skirts the question.

"Really, the investment has to make sense.... You have to see the return coming back."

He asks me to bring in my fiancé. I bring along web editor Andrew Fifield to pose as "Rob."

Smith offers to leverage the company's "hidden job market" — his helpful network of satisfied clients who've gone on to work in high places.

Smith guarantees a job but not a time frame, saying only that 70 to 80 per cent of his clients get a job within a couple weeks to a few months.

I'd said I'd like to make $25 an hour — $52,000 a year.

Smith isn't fazed and says, "The right employer might pay you more than that, once they see how productive (you are)."

He says we'll aim for a job that pays $60,000 "and settle for $55,000."

The fee he's going to charge me is based on that projection. If I pay up front, the cost is $3,756 plus HST. If I can't, it's $4,695 in installments.

The reveal

After revealing we're reporters, Smith is adamant he's done nothing wrong — the company changed names so many times as "brand marketing."

I ask Smith to prove he has good contacts, to put me in touch with any HR department that could confirm their relationship.

"I can't really disclose that without getting their permission first," he says. "We have lots of contacts. How could we be in business and not have contacts?"

Smith blames the complaints and lawsuits on the "one to three per cent" of his 400 to 500 clients a year who are dissatisfied. Some people just won't try, he says.

"We have dozens and dozens of satisfied clients."

I tell him to send some of his satisfied clients my contact information and encourage them to contact me.

A week later, he has not produced one client or company that's willing to vouch for him.

Dale Smith in a video posted online, defending the reputation of his last career-counselling business, Toronto Pathways. YOUTUBE

Think you got scammed?

The government can help:

- The Ontario Ministry of Consumer Services placed Toronto Pathways on its "consumer beware" list
- Service Alberta ordered a Bernard Haldane franchise to stop deceptive practices
- Canada's Competition Bureau has issued fines, including to one service in B.C. for falsely promising to use its network to arrange job interviews

Airlines try to perfect the art of boarding

Terminal headache.
You may think it's easy to get people onto a plane, but the process is so troublesome it has to be constantly tweaked

Getting people on and off an airplane quickly is so complicated that even an astrophysicist couldn't figure it out.

The astrophysicist, Jason Steffen of the University of Illinois, normally contemplates things such as axion-like particles. But after waiting in one boarding line too many, he turned to the mysteries of airline seating. "I thought there had to be a better way," he says.

So, after a series of calculations, he deduced that the best system would be a combination of filling window seats first, then middle and aisle ones, while also spacing the boarding passengers two rows apart.

There was just one problem — passengers would have to board in precise order. Good luck with that. These are the same passengers who don't turn off their phones even after they're told it's a federal law. "Well," Steffen observes, "I understand why airline people aren't calling me."

But the search for the perfect boarding process goes on.

Most airlines allow first-class and other elite customers to board first. After that, some fill the rear rows first and work toward the front.

Others fill window seats and work in toward the aisle. Some used to employ a hybrid called the reverse-pyramid. Southwest Airlines has random seating: There are no assigned seats — passengers sort things out themselves. They can pay extra to be near the front of the boarding line.

In recent weeks, United and American have rolled out new strategies for faster boarding. American is letting passengers board sooner if they don't put anything in the overhead bins. The idea is to get more people seated quickly before passengers with rolling bags clog the aisle.

United reduced the number of boarding groups from seven to five while adding lanes in gate areas — from two to five at big airports. That's designed to eliminate "gate lice" — the name road warriors use for those anxious passengers with big carry-ons who cause a traffic jam by creeping forward long before their group is called.

THE ASSOCIATED PRESS

Travellers wait to have their boarding passes checked at the American Airlines terminal at Los Angeles International Airport in this file photo. GETTY IMAGES

What's the big deal?

- All of this matters more than you might think. For airlines, every minute that a plane sits at the gate makes it more likely the flight will be late, hurting the carrier's on-time rating and causing passengers to miss connecting flights. There's an economic cost to running late, too. Researchers from Northern Illinois University say that at one major airline, which they didn't identify, every extra minute at the gate added $30 US in costs.

Market Minute

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SALIVATING OVER BIEBS' CAREER

HE SAYS

John Mazerolle
metronews.ca

The 24-hour media cycle sometimes means that deserving musicians go unheralded because entertainment reporters are chasing the latest star from concert to concert or quote to quote.

Sometimes a pop icon's daily mini-scandals keep us from noting the larger trends in music.

Sometimes we forget about the talent, hard work and dedication required to be an up-and-coming entertainer, because we'd prefer to write a Justin Bieber story that is guaranteed to get a lot of views for no other reason than the word "Bieber."

As a completely random example, take this column you're reading right now: Bieber, Bieber, Bieber!

Here's a look at Justin Bieber's career highlights:

1994: Born as pop royalty, Bieber's hotly anticipated birth is met with screaming women clamouring outside his hospital window hoping to be spat upon by the infantile crooner.

1998: Shows affinity for music as early as four when he spends hours mastering electronic keyboard's "drum machine" button.

2007: Discovered on YouTube, where his critical analysis of Zimbabwe's metamorphosis from "Africa's breadbasket to a hyper-inflated basket case" catches the eye of several organizers with TED Talks.

November 2009: Releases first album and becomes a millionaire within days; cries self to sleep because of scathing review in ChartAttack.

March 2010: Quietly releases second album. Excitedly runs to mother when hometown Stratford Beacon Herald places his photo on arts front, which is cut out and given place of pride on kitchen fridge.

April 2010: Changes signature haircut in spontaneous decision approved by 37 agents, publicists, stylists and handlers.

June 2010: Concert for 90,000 people at Wembley not going well until dad suddenly appears to sit in empty seat Bieber had been staring at longingly.

August 2010: Creates 10 fake Twitter accounts in pathetic bid to push himself over 23 million followers.

January 2011: Earns nickname "Biebs" because of his love of BBC.

March 2011: Makes utter fool of himself on 17th birthday by acting like a 17-year-old.

December 2011: Bieber's sweet natural delivery and boyish charm are made more marketable for later albums by pop-music computer Asshat 5000.

April 2012: Bieber sings duet on stage with Taylor Swift, becoming inspiration for three full discs of Swift break-up songs.

October 2012: Causes a stir when he meets Prime Minister Stephen Harper for a photo-op wearing only Selena Gomez.

November 2012: Playing half-time at Grey Cup, totally misreads local crowd and gets booed lustily when he suggests to Torontonians that the CFL is awesome.

June 2013: Disappointed when Twitter moniker Robert_Galbraith, meant to show quality of tweets, not name recognition, attracts only 12 followers.

July 2013: Beset by criticisms for off-stage antics, Biebs reminds critics of his talent at Toronto concert with 27-minute harp solo.

ZOOM

You'll get really high in this hotel room

BRENNAN LINSLEY/THE ASSOCIATED PRESS

Inflatable hotel costs $50K a night

A hotel room made of aluminum and inflated vinyl is held aloft by a van-mounted scissor lift, on promotional display in a parking lot in downtown Denver.

Architectural artist Alex Schweder created the five-by-seven-foot room atop a van for the Biennial of the Americas in Denver. For $50,000 US, a guest would get one weekend night in the puffy space, plus lots of extras including a diamond pendant and earring set, two iPod Nanos and a dance party for 100 people in a ballroom of the Curtis Hotel.

THE ASSOCIATED PRESS

Castle in the sky

- It has a chemical toilet, shower, sink, inflatable bed and couch, and curtains. It is being driven to parking lots until Aug. 23.
- There is a weight limit, and no smoking allowed.

Squeezing in the lap of luxury

After Schweder learned developers want to turn several Denver parking lots into hotels, he created "the hotel rehearsal." One early draft involved suspending the room from a crane.

THE ASSOCIATED PRESS

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

Next Sunday is the long-awaited return of a certain era-defining television series based around the manufacture of a drug that's almost as addictive as the show. Obsess over the dropped-jaw moments the final season of Breaking Bad promises us by joining in on the discourse at these TV-recap sites.

TORSTAR NEWS SERVICE/HANDOUT

Vulture

Matt Zoller Seitz is already back on the Walter White train by revisiting the first five seasons, armed with the knowledge of everything each character has been through. It's interesting stuff, and an excellent primer for when he starts probing the corners of the remaining eight episodes as they air. (vulture.com)

Grantland

Bill Simmons' haven of pop culture and sports is blessed with Andy Greenwald, one of the sharpest and funniest TV critics around. While you're still grappling with the latest dark and depressing deed from Walt, Greenwald is already well on his way to astutely ascribing motivation and potential fallout. (grantland.com)

The AV Club

The Onion's sister site is home to many great writers, but the unsung hero of it all is the feisty comment community at the bottom of each article page. (avclub.com)

Comments

RE: Water's Rising. Where's The Ark? Published July 31

It happens that I have been a research scientist in the communications domain for almost 30 years.

First of all, back when I was a young postgraduate, if I came up with a wrong result I could expect to find myself sitting in the director's office. The director would look across his table, as he did with many a researcher, and say: "Son, you got some 'splainin' to do!" Only once you'd explained what went wrong and how you were going to fix it to the satisfaction of the director, did you get to work on a new project.

In the climate-study domain there have been, over the last 20 or 30 years, a lot of wrong predictions: Those climate scientists have definitely "got some 'splainin' to do."

Secondly, to another scientist the latest prediction by Strauss actually has no more meaning than a mythical number. A scientist wants to know a few other details before a number has meaning. These other details include the confidence level of the number.

Chris Kurowski, Ottawa

WE WANT TO HEAR FROM YOU: Send us your comments: vancouverletters@metronews.ca

metro

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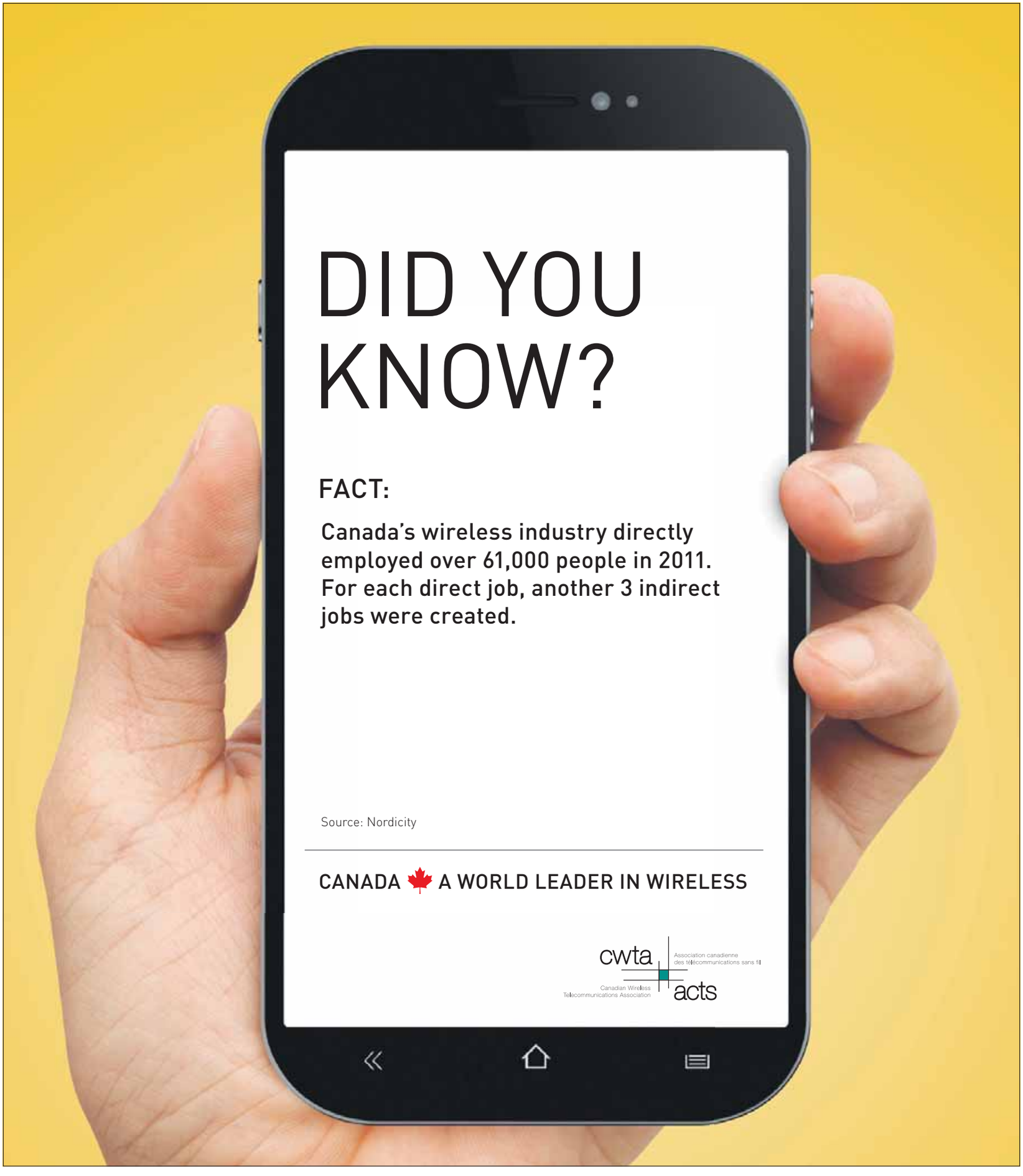

DID YOU KNOW?
FACT:
Canada's wireless industry directly employed over 61,000 people in 2011. For each direct job, another 3 indirect jobs were created.
Source: Nordicity
CANADA A WORLD LEADER IN WIRELESS
cwta
Canadian Wireless Telecommunications Association
Association canadienne des télécommunications sans fil
acts

People check out the new rainbow crosswalks in Vancouver's Davie Village on Monday. EMILY JACKSON/METRO FILE

Here comes the Pride

Parade and more.
With the town painted rainbow, it's time to celebrate all things LGBT this week

BACKSTAGE PASS
Graeme McRanor
vancouver@metronews.ca

Happy Pride Week, everybody!

Vancouver's most colourful celebration kicked off this week and city crews got things rolling when they hit the street Sunday night and painted the town red ... and orange, yellow, green, blue and purple.

OK, so it was just the crosswalks at Davie and Bute, but the quadruple rainbows look pretty cool, nonetheless.

If you're looking to get your Pride on this weekend, head down to Davie Street tomorrow night for the Davie Street Party.

This year, the party kicks off for all ages at 4 p.m. (no tickets required) and, at 7, the licensed zone from Bute to Burrard opens for the 19-plus crowd (tickets $20 plus service fees), featuring DJs, live music and more.

The Pride Parade kicks off Sunday on Robson and Thurlow at noon and heads south down Denman to Pacific, finishing at the Sunset Beach Festival site, which features live music, products and services, and more.

There's plenty more going on over the weekend. For more information, visit VancouverPride.ca.

What a Tilt

Ballet BC recently announced that Tilt will be its 2013/2014 season opener. Playing at the Queen Elizabeth Theatre Oct. 17-19, there will be three evening performances, featuring the return of last season's Walking Mad and two world premieres by two of the most sought-after choreographers working today, Jorma Elo and Johan Molnar.

"Jorma and Johan are innovative and exhilarating choreographers whose imaginative works captivate audiences," says Ballet BC's artistic director, Emily Molnar.

"They have had great international success and have choreographed and staged works for major dance companies around the world. We are delighted to include their work as part of Ballet BC's repertoire."

Avenue Q keeps on rolling

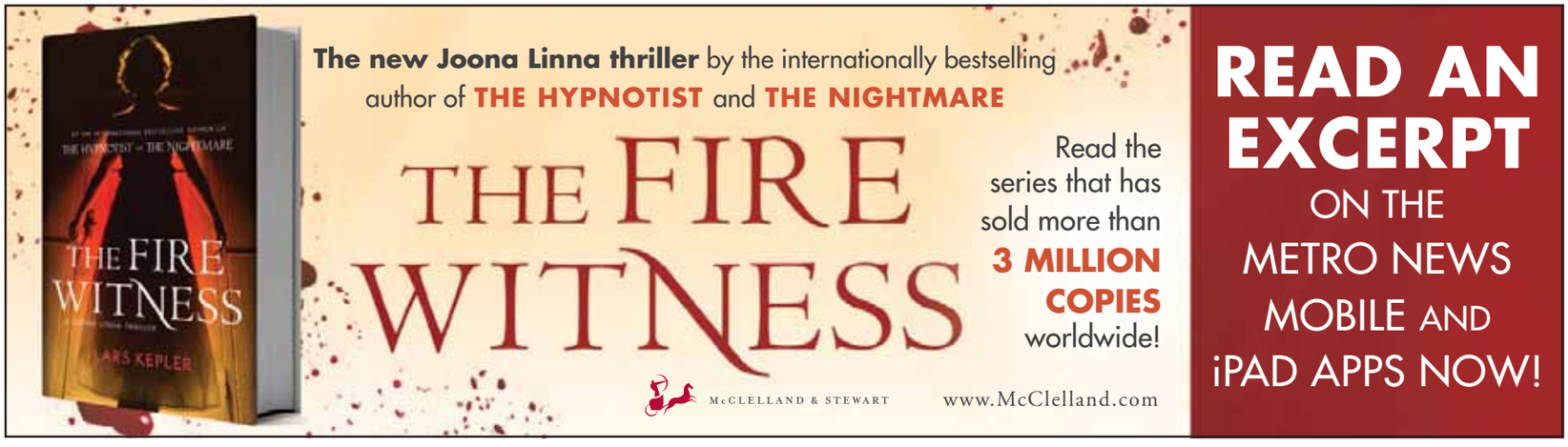
The Arts Club's hit musical — which was originally supposed to close Aug. 3 — has been extended again.

It will now close Aug. 31 due to demand.

Who says people don't love theatre?

Tickets are $29 to $54, inclusive of taxes and fees.

They're performing at the Granville Island Stage. More information at ArtsClub.com.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Williams is one of The Crazy Ones

Move over Mork.
Robin Williams is an advertising genius dealing with plenty of personal woes in his latest television role

Robin Williams gets a little animated at the Television Critics Association press tour while promoting his new show The Crazy Ones. THE ASSOCIATED PRESS

Want to make Robin Williams laugh? Call him a sad clown.

That's what one critic did Monday on CBS's Television Critics Association press tour presentation for The Crazy Ones. The fall comedy stars Williams as the head of an ad agency with Buffy the Vampire Slayer star Sarah Michelle Gellar playing his daughter and business partner. James Wolk (Mad Men) is also part of the ensemble.

Responding to a comment from a critic that there are sweet, poignant moments on the show — setting up the "sad clown" remark — Williams did a whole wacky bit on being a sad clown, jumping out of his seat, causing his lapel mike to become untethered. He wondered what it would be like waking up next to a sad clown: "Oh, my God, what are those big feet doing in my bed?!"

It was the kind of funny business reporters and fans have come to expect from Williams. There are flashes of the same free spirited antics in the pilot, although David E. Kelley — an unlikely showrunner — says Williams can stick to a script, too.

"He says my words perfectly — then he uses his," says Kelley.

The former Ally McBeal and Boston Legal showrunner says writing for an old pro like Williams was intimidating: "I feel like I've been handed the keys to a car that I am ill-equipped to drive."

Kelley says an actual ad executive approached him with the idea for the show several years ago. He says it's basically about "this iconic, crazy advertising genius and his relationship with his daughter."

The pilot episode shows Williams' and Gellar's father-daughter characters trying to pitch a new ad for McDonald's. The fast food giant gets plenty of plugs throughout the half hour, but the producers insist there was no payment for embedding the Mc-references.

"But if you look under your chair there's a Happy Meal," cracked Williams.

The 62-year-old funnyman rose to fame in 1978 after being cast as a comedic alien in the ABC series Mork & Mindy. He praised his co-star from those days, Pam Dawber, for her ability to play straight woman to his insanity.

"Pam held the line for me. She was incredible, which allowed me to be as outrageous as I was."

After the formal press conference, Williams was asked about how TV and comedy has changed since those Mork & Mindy days. That show "started out real playful, then eventually, it just burned out," he said. This new show "can't just be about riffing."

THE CANADIAN PRESS

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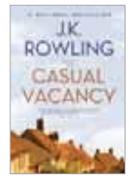
1. THE WHITE PRINCESS Philippa Gregory
Caught between loyalties, the mother of the Tudors must choose between the red rose and the white. Philippa Gregory presents the latest Cousins' War novel, the remarkable story of Elizabeth of York, daughter of the White Queen.
Last Week: 1 / Weeks on List: 1



2. THE CASUAL VACANCY J.K. Rowling
A big novel about a small town. Pagford is, seemingly, an English idyll, with a cobbled market square and an ancient abbey, but what lies behind the pretty façade is a town at war. The Casual Vacancy, now in paperback, is J.K. Rowling's first novel for adults.
Last Week: 2 / Weeks on List: 1

This Week		Last Week	Weeks on List
★ 3.	WAGING HEAVY PEACE Neil Young	-	-
4.	THE SECRET KEEPER Kate Morton	4	3
5.	THE ENGLISH GIRL Daniel Silva	5	3
6.	FIRST SIGHT Danielle Steel	6	3
7.	INFERNO Dan Brown	7	10
★ 8.	CRAZY RICH ASIANS Kevin Kwan	-	-
9.	BEAUTIFUL DAY Elin Hilderbrand	9	6
10.	THE OCEAN AT THE END OF THE LANE Neil Gaiman	10	7
11.	THE EYE OF GOD James Rollins	3	6
12.	SILVER STAR Jeannette Walls	12	8
13.	THE KILL ROOM Jeffery Deaver	13	9
14.	REVENGE WEARS PRADA Lauren Weisberger	14	9
15.	THE FIRE WITNESS Lars Kepler	8	8
16.	WILD Cheryl Strayed	16	18
17.	LET'S EXPLORE DIABETES WITH OWLS David Sedaris	17	15
18.	THE SECRET RACE Tyler Hamilton	11	7
19.	I WEAR THE BLACK HAT Chuck Klosterman	19	1
20.	SECOND HONEYMOON James Patterson	20	5

Combined Fiction and Non-Fiction Bestsellers for the week, ending August 5th
★ New this week

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Simon Cowell ALL IMAGES GETTY

Awkward future arrival? Cowell has reportedly knocked up friend's wife

Simon Cowell is reportedly going to be a dad — but the mother-to-be already has a husband. New York socialite Lauren Silverman is reportedly expecting a child with Cowell, though she's still married to Cowell's close friend Andrew Silverman, according to Us Weekly. "Lauren and Andrew have been unhappy in their marriage for some time, and their divorce has been in the works for a while," a source says. "As their marriage deteriorated, she and Simon became close." The source adds that Lauren is "around 10 weeks along." Cowell's reps were unavailable for comment.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Fergie solidifies her gay icon status with 'gayby' shower

THE WORD
Dorothy Robinson
scene@metronews.ca

When I first heard that Fergie and Josh Duhamel threw a "gayby" themed baby shower for their son, due in September, I was a bit perplexed: How did they know their fetus liked boys?

But I was mistaken, as usual. Their "gayby" baby shower, which was attended by the likes of Perez Hilton, Kelly Osbourne, Adam Lambert, Molly Sims, Gabriel Aubry, Julianne Hough, RuPaul and Lance Bass, was named as such to flaunt Fergie's gay-icon status (which makes me wonder what would have happened if Judy Garland were around to have a baby).

Sunday's fete, held at the SLS Hotel in Los Angeles, featured burlesque dancers in drag, a black, white and blue theme, and shirtless bartenders serving Fergie's Ferguson Crest wine. If his baby shower was this much fun, what in the world is he going to do for his 21st?

James Blunt

Blunt's mass music mail a 'mistake', pull the other one!

James Blunt wishes he could unsend an email that accidentally went out to millions of recipients and included his new single, Bonfire Heart. Blunt took to Twitter to voice his embarrassment, writing, "Oops. Just emailed the whole of the U.K. by mistake." His record label also says the message was a "clerical error," but many are skeptical, suggesting it's just a publicity ploy.

Twitter

@iamrashidajones
I wish you could Shazam someone's face

@johncusack
Well personally I can say to my gov that jails the whistleblowers and let's the criminals free "go straight to hell boys" this ain't over

@mindykaling
"Kiss me on the lips or you're fired!" is something you shouldn't say to your crew, I learned today

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SHOPPERS DRUG MART

Feeling insane in the mane?

"Stay away from excessive colour, heat and anything that can damage the hair cuticle," says Dr. Bauman. ISTOCK

Tress distress. We get to the very root of the frizz problem to learn how to tame it

COURTNEY FOWLER
Metro World News

We love our hair, but when the humidity hits each summer the same question runs through our mind: Should we just cut it all off?

Here to help walk us off the edge is Dr. Alan J. Bauman, a board-certified hair science consultant and member of the prestigious Pantene Institute.

He told us what we can do to finally have some good hair days this summer.

But first, what causes frizz?

Natural texture

"The texture of hair is essential to establishing its tendency to frizz. Often hair that is curly or wavy will likely become frizzy."

Environment

"Humidity, heat and changes in the air quality cause friction in the hair.

"Hair is made up of long keratin proteins that form two types of compound bonds. One is a hydrogen bond.

"These bonds break and reform every time your hair gets wet and it dries. Because there is so much water in humid air, those bonds are broken and reformed faster, resulting in frizz."

Hair quality

"The bottom line is hair that isn't healthy will be prone to frizz. Hair that has already had some type of disruption or chemical damage, such as with colour or excessive heat, is overwhelmingly more prone to frizz because it's in an unhealthy state."

Dr. Alan J. Bauman on treatments

What are some ways to tame frizzy hair?

The first thing to remember is that frizz is a combination of problems. Sometimes the more hair damage that you have, the frizzier your hair will be — and, of course, those with curlier hair typically end up with more frizz

So some of these things you can't change, but there are things you can do to reduce it. You can straighten your hair, you can flatiron it or use straightening treatments — but in the long-term, those things might damage the cuticle, which could make your hair more prone to frizz.

Conditioning it regularly is the safest and most effective thing that you could do. And be conscious of the types of products that you're using. Shampoos and conditioners with amino silicones and cationic surfactants are ideal for treating frizzy hair."

What are amino silicones and cationic surfactants?

Silicones, especially amino silicones, are the things that fill in the gaps of the cuticle. The silicones decrease the friction, meaning that the hair strands will be able to slide more easily through the comb and you're less likely to tangle it or snag it. Now the cationic surfactants fill in the cuticle, almost like a chemical patch, to restore the natural smoothness and quality in the hair.

So imagine if the cuticles are fish scales that lay on top of one another. As damage occurs, those scales kind of break away or peel up from the hair, resulting in frizz, but the cationic surfactants fill in those gaps and the amino silicones decrease the friction and make it easier to comb or brush.

What about keratin treatments?

"Keratin is a chemical and heat treatment that is used to straighten the hair. It breaks the sulfate bonds in the hair and essentially reforms them so that the hair is straight. It's considered almost like a semi-permanent treatment because, although every salon applies it differently, it's something that would need to be reapplied. So, it reduces frizz and allows the hair to dry a little bit better and gives you kind of wash-and-wear hair. But, it also comes with risks, because as that straightening wears off, you need it to be straightened again — and eventually the heat and chemicals can cause breakage.

Stone-age decor keeps things cool

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

Cool to the eye and cooling to the touch, marble and stone creates a timeless look for the home, whether on the floors, counters or as an accessory in a room. This decor is my new obsession, and not just for shower tiles or countertops.

Topping an antique table with marble instantly gives it new life, and adding marble accessories to a kitchen countertop serves up high-end style.

Sculptural stone vessel

Hand-cast from resin and cement with the character of weathered stone. Use to plant orchids or hold your favourite magazines. $129, restorationhardware.com

Blaine candle holders

A modern take on the sculptural hour glass. $22 to $30, crateandbarrel.com

Chateau kitchen island

This piece is reminiscent of France's wine country; it's made of reclaimed pine in a silver grey finish and topped with sleek black granite. $1,299, urbanbarn.com

Carrara marble long board serving platter

Set your cheese and crackers wheeling down the table on a surfboard-shaped, custom-made platter, or display perfume bottles on a long vanity. $620, dididunphy.com

Free range coffee table

Mixed mediums of dark walnut, black metal and marble create an ultra-chic living room table that looks like a one-of-a-kind prototype. $839, urbanmode.com

Adelsten pestle and mortar

Perform old-fashioned culinary duties with modern style in the kitchen. It's the original pepper grinder. $15, ikea.com

Dumortierite Concetto countertop surface

Made from cut/bound semi precious stones for luxurious counter surfaces. Price upon request, caesarstone.ca

Bionic aqua marble vessel sink bowl

Add a dash of colour to the powder room with blue veined marble. $247, sears.ca

Etiquette

So I can't play the spoons with it?

CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

You probably already knew this, but the sauce spoon goes on the right side between the plate and main course knife. ISTOCK IMAGES

Have you ever wondered when eating at an elegant restaurant, "What am I supposed to do with the strange flat spoon?"

Well the "flat spoon" is called an individual sauce spoon (cuillère à sauce) and is correctly set at the dinner table on the right side of the dinner plate, between the plate and the main course knife.

So when did this strange spoon appear on our dinner tables?

Well the sauce spoon first appeared in the 1950s in Paris, France. The restaurant was called LASSERRE, and chef René Lasserre decided to help guests enjoy the delicious sauces without the need of using bread to "mop up the delicious liquid." So he invented this wonderful spoon.

The invention and custom of using a sauce spoon started with the fish course.

Today in many elegant and formal restaurants, I see this sauce spoon used either for the fish or meat course. So when you have finished eating the fish or meat and your plate is empty with just the sauce remaining, you take the sauce spoon and scoop up the remaining sauce on your plate.

This utensil should be used exactly like you would a soup spoon.

Kevin! Be prepared before you leave your home alone

Plan ahead! Empty houses are attractive targets for break-ins — protect your home

Your bags are packed, the car is loaded and your tickets are in hand. You're finally ready for that relaxing summer getaway you've been anticipating all year … or so you think.

In the last minute hustle and bustle of planning a vacation, many families leave their "home alone" and fail to plan for its proper protection.

Empty houses are attractive targets for break-ins, which can be a real threat for homeowners.

"Planning ahead is essential to ensure that your return home doesn't leave you with unplanned surprises," says Wayne Ross, an insurance expert at Aviva Canada. "The key is to take a few simple steps to make it look like you haven't left at all."

Consider the following tips the next time you are travelling for an extended period of time.

Keep it to yourself

You or your kids posting holiday plans or live updates on social networking sites such as Facebook or Twitter may seem harmless enough, but it could alert would-be thieves to an empty house.

Get a house sitter

Have someone stay there or have a trusted neighbour check in daily.
Give this person a key — don't hide it.

Light it up

Set lights on timers in different rooms of your home.

Have your yard maintained

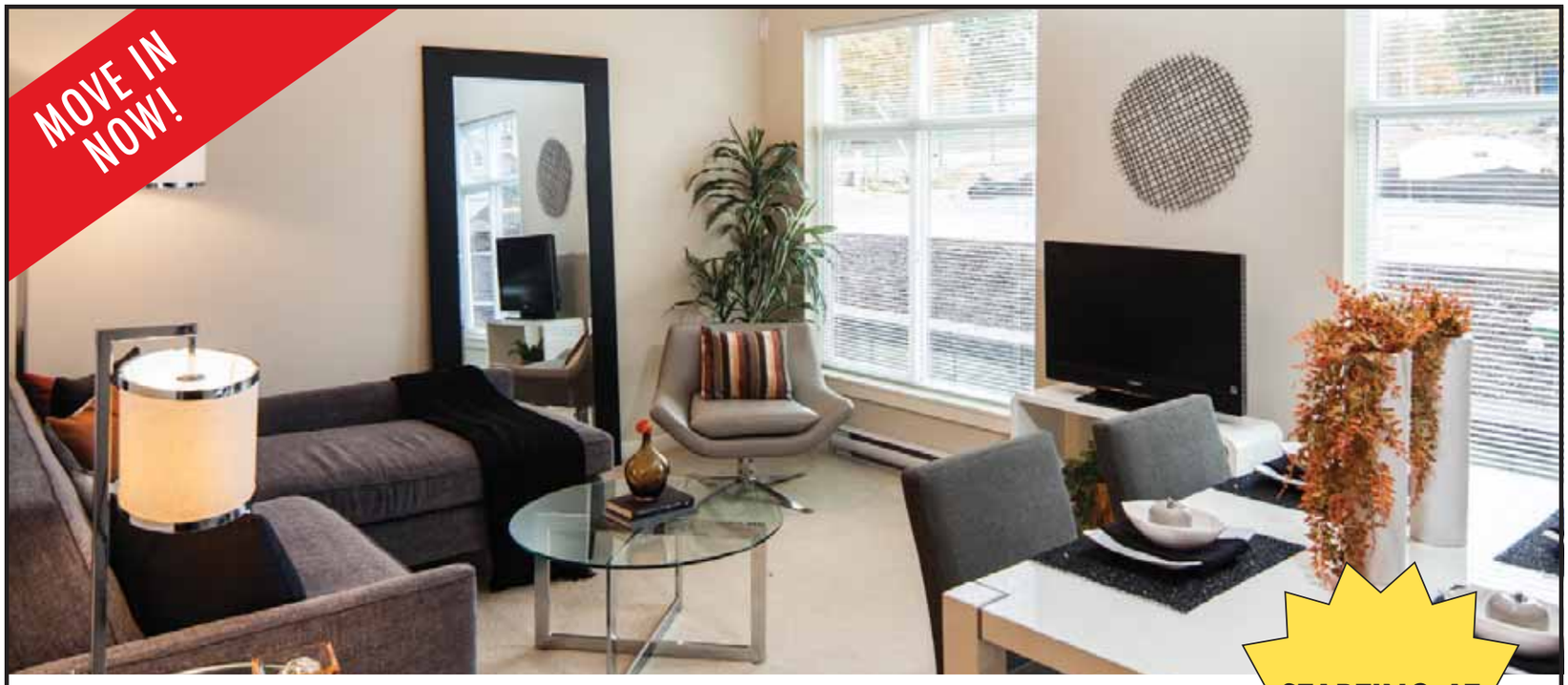
Depending on the time of year, arrange to have your lawn mowed and your grass watered.

Newspaper and mail delivery

Piled up mail or newspapers are an obvious giveaway that the homeowners are out of town — cancel or temporarily divert deliveries, or have your neighbours pick them up in a timely fashion.

With these tips in mind, you can concentrate on enjoying your summer escape and coming back to your home revitalized. More information is available from your insurance broker or at avivacanada.com.

NEWS CANADA



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Your summer bucket list items

YLVA VAN BUUREN
For Metro

One more month of pure summer left — have you done everything you want to? Here is a quick list of quintessential activities that just scream summer.

Road trip
Rent your dream convertible — think Mini Cooper or Mustang — and cruise back country roads with the top down. Make it a weekend getaway or just a jaunt to an ice cream parlour. Remember to wear sunscreen.

Your Royal Highness
Throw a "jolly good" English soiree al fresco in honour of the royal birth. Decorate the patio with pretty teapots filled with posy-style flowers, hang blue mini-lights along the railing of the deck, and set the table with blue napkins and tea light holders. Serve bangers and mash with a U.K. lager or Pimm's.

Take that
Sign your family up for a game of paintball — it's a perfect activity for energetic types who love adrenalin-charged action. Follow the rules, dress in all the required gear, and have a blast.

Stand-up paddle boarding
This fabulous new sport combines surfing and paddle boarding. The surf-style board propels across the water thanks to a long paddle that you use while standing on the board. It's great exercise and lots of fun (whether you get it right away or fall in a few times). Take a lesson and go.

Try out a thrilling hot air balloon ride. FUSE/THINKSTOCK

A sandy om
Whether you are on the Pacific, Lake Erie or simply a tributary, there is something magical about doing a sun salutation or downward facing dog on sand near natural water. Unite your mind, body and spirit, and don't forget your bathing suit for meditation under water after class.

My beautiful balloon
Imagine sitting in a basket listening to the whoosh of a hot air balloon as the land below gets smaller and smaller ... it's a thrilling ride. It's pretty comfortable, too, since riders don't feel the basket rocking or swaying in the air. The hour approaching dawn and dusk are best — and most beautiful — for flying.

Rent your dream convertible for a cruise. ISTOCKPHOTO/THINKSTOCK

There is something magical about yoga near water. BANANASTOCK/THINKSTOCK

OD on blueberries
There is still lots of time to pick your own blueberries and other seasonal crops in farmer's fields. And what a great way to remind yourself where food really hails from. Bring your own baskets, and start envisioning the recipes you will be able to make.

Warm up to a new lifestyle

Summer brings opportunities to improve your lifestyle and start a new commitment to wellness. You can be on your way to fit and fun summer living with these tips.

1 Eat fresh. Summer is prime time for fresh produce, and incorporating fruits and vegetables into your daily menu can be a delicious way to a healthy lifestyle. With a high-performance blender, you can easily make hundreds of whole food recipes that taste great. A nutrient-packed fruit smoothie takes only seconds to prepare and is sure to please even the fussiest eaters.

2 Move it. Getting in shape doesn't need to mean hours at the gym, especially during these warmer months. Simple activities like going for a bike ride or taking your dog for a walk are good ways to get moving while enjoying the outdoors. Swimming is a great low-impact, full-body exercise that lets you work out while cooling off. Or try another sport that you wouldn't be able to participate in during winter, such as golf, outdoor basketball or beach volleyball. Making an activity part of your routine is the best way to keep at it, so set aside some time each day for exercise.

3 Relax. Summer is the perfect opportunity to unwind and treat yourself to some "me" time. Focus on doing things you enjoy, such as finishing that book you have been reading for months, learning to how to surf or play tennis, or simply basking in the sunshine. Whatever activity you choose, make time each week to let go and de-stress. Summer is a popular season for vacations to the beach and other outdoor destinations, but you can also find tranquility in your own backyard. Meditation and yoga — done indoors or outside — are calming activities that will leave you feeling refreshed and rejuvenated, too.

NEWS CANADA

Events. Something for everyone

There is so much going on in Vancouver this summer that you will run into something no matter where you go. But if you are looking for a place to start, here are a few of Vancouver's best events:

Powell Street Festival
The 37th annual Japanese festival, held in the area once known as Vancouver's Japantown, celebrates all things Japanese and Japanese Canadian, with food and crafts vendors, and performances including taiko drumming, butoh and modern dancing, musical performances, readings by Canadian authors, and more. Friday to Sunday, 11:30 a.m. to 7 p.m., at Oppenheimer Park.

Celebration of Light
The Celebration of Light is a Vancouver institution, every year drawing up to 400,000 people to the banks of English Bay. Witness Thailand's performance, choreographed to musical accompaniment Saturday. Bring a radio and picnic and get there early for maximum enjoyment. Saturday after 10 p.m., at English Bay.

Vancouver Farmers' Markets
These local food centric events are a feast for the senses. Buskers serenade visitors as they browse the stalls for fresh vegetables, meat and all manners of tasty provisions. Go hungry and get lunch at a food truck.

Vancouver Street Dance Festival
Witness dance battles in five categories — popping, locking, waacking, hip hop, and b-boy. Practise your robot on the open dance floor to the beat, courtesy of live musicians and DJs. Saturday from 11 a.m. to 8 p.m., at Robson Square.

Vancouver Pride Parade
Another Vancouver institution, the Vancouver Pride Parade and its shoulder events welcome Vancouverites of all ages, genders and sexual orientations. It's a fun-packed celebration of the city's lesbian, gay, bisexual, transgender and two-spirited community — and just a great time. The parade finishes at Sunset Beach, where the festival continues with musical performances and more. Sunday at noon. Runs along Robson Street, Denman Street and Pacific Avenue.

Catch the Celebration of Light Saturday at English Bay. GETTY IMAGES FILE

Chinatown Night Market
Local vendors, Ping-Pong and mahjong tournaments, dumpling eating contests and musical performances. Need we say more? Every Friday, Saturday and Sunday until Sept. 8, from 6-11 p.m., along Keefer Street between Main and Columbia.

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Be a smooth(ie) operator

Chocolate, Cappuccino and Banana Smoothie

I'm a chocoholic and I have discovered that 1% chocolate milk (made with cocoa) is the best treat I can have either for breakfast or a snack. Adding chocolate milk to this smoothie satisfies your chocolate cravings and makes it taste like a chocolate milkshake, but without the calories and fat.

- 1 cup (250 ml) cold chocolate milk (1% or soy milk)
- 1 cup (250 ml) 2 % low-fat coffee flavoured yogurt
- 1 medium-sized ripe banana, sliced
- 2 tbsp (30 ml) honey
- 1 tbsp (15 ml) cocoa powder

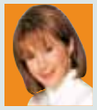
Combine the milk, yogurt, banana, honey and cocoa powder in a blender and purée. Serve immediately.

Strawberry, Banana and Orange Smoothie

If you're in a rush in the morning and need a quick breakfast, try a smoothie. The combination of protein and fruit keeps you satisfied longer. This is also a healthy snack to stave off hunger between meals. Experiment with different fruits, using whatever is in season. For extra protein, substitute low fat plain yogurt for the milk.

- 1 cup low-fat milk or soy milk
- 1 small ripe banana, sliced
- 1 cup frozen or fresh sliced strawberries
- 1/2 cup orange juice
- 2 tbsp honey
- 5 ice cubes

Place all the ingredients in a blender and purée. Serve immediately.



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MIND THE APP
Kris Abel
@RealKrisAbel
life@metronews.ca

With a gathering of fruits, berries, veggies, and spices, you can mix up refreshing summer smoothies and milkshakes. These 23 recipes include built-in timers, healthy tips and sweeter, kid-friendly mixes.

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Tennis

Could Pospisil reach new heights? It's very possible

Vasek Pospisil would have no trouble filling a scrapbook — or an online photo album — featuring his accomplishments this year.

The Vernon tennis star has been piling up memories, but he still has a chance for more between now and the end of September.

Vasek Pospisil
GETTY IMAGES FILE

Pospisil will compete in the Rogers Cup in Montreal next week as he continues to tune up in preparation for Canada's historic Davis Cup semifinal against Serbia in September.

"I'm hoping to get a lot of matches here this week and confidence to build for the Rogers Cup," said Pospisil, who is playing in the Odlum Brown VanOpen in West Vancouver before he heads to Montreal.

"It's obviously a very exciting next couple of months for me."

The 23-year-old will head into the Rogers Cup looking to build on a season in which he has helped Canada reach unprecedented heights on the international stage.

"(The Rogers Cup) is going to be a good experience," he said. "Obviously, any big tournament that you play in is good for gaining experience for a tie as important as we have in September. I've played in the Rogers Cup a few times now, so it's not going to be new territory for me." THE CANADIAN PRESS

Lions offensive lineman Kirby Fabien, centre left, is out for the season after suffering torn ligaments on Tuesday in Toronto. PAUL YATES/B.C. LIONS

Lions' rookie OL 'out for the season'

CFL. Fabien suffered torn ligaments in B.C.'s loss in Toronto

CAM TUCKER
cam.tucker@metronews.ca

Standing with the aid of crutches just outside the B.C. Lions' Surrey practice facility on Wednesday was Kirby Fabien.

The night before, the rookie offensive lineman suffered a devastating knee injury — torn ligaments — in the first half of the Lions' 38-12 loss to the Toronto Argonauts and is now done for the season.

"It's very disappointing. You gotta feel for Kirby," said head coach Mike Benevides.

"He's been having just a great start to his career and unfortunately it's a catastrophic type of injury where he's out for the season.

"You could just see it on his face and the pain he was going through this morning, so for a young man that was doing such a great job, it's very disappointing to see (him go) down like that in Game 5."

Fabien, who played college ball at the University of Calgary, was the Lions' seventh-overall pick and final selection in the first round of the 2012 CFL draft.

He was on a young offensive line, with varying levels of experience, that had been making great strides in protecting quarterback Travis Lulay and opening up holes for the running game since a tough first outing in Week 1 against the Calgary Stampeders.

Dean Valli, in his eighth season with the Lions, will be Fabien's replacement at the right guard after being surpassed on the depth chart by the first-year player.

"In terms of what Dean's able to do, he's able to step up and he certainly has a lot of experience," said Benevides.

"We're fortunate to have Dean to step in and play."

Penalties cost Leos in Toronto

The Lions took 13 penalties for 126 yards against the Argos.

- A shocking statistic, given the Lions had committed a combined 13 penalties in their three previous games.
- "There were certain penalties that were just emotion that carried over that you can't get into and certainly that's not what we're about," said coach Mike Benevides. "I'm going to say it's a one-off and it better be a one-off as we look forward."

Sanvezzo logs heavy minutes in all-star game

Camilo Sanvezzo, who set up the MLS All-Stars' only goal in their Wednesday game versus AS Roma. RAINIER EHRHARDT/GETTY IMAGES

When asked how much playing time he wanted to see Camilo Sanvezzo get in the MLS all-star game, Whitecaps head coach Martin Rennie was like a chef mixing ingredients in a bowl.

The right amount could yield the perfect flavour. Too much and the dish could be ruined.

"Hopefully he won't play too much, but hopefully he'll play a bit and have a good time," said Rennie on Tuesday.

"I think there's a lot of strikers so hopefully Camilo will play a part but not too long."

His words fell on deaf ears.

Sanvezzo began Wednesday's match against AS Roma on the bench but entered in the 24th minute for Graham Zusi, who was forced out with an injury.

And that is specifically why Rennie didn't want Sanvezzo — who set up the only MLS goal of the match in a 3-1 loss and played the remainder of the match — seeing too much playing time.

Sanvezzo has been on a remarkable run for the Whitecaps, regaining his prolific scoring form from two years ago. He has scored 13 goals this season, tying him with Mike Magee of the Chicago Fire for the MLS lead.

Any injury during the all-star spectacle could have instantly taken away the Whitecaps' most dangerous threat in the attacking third.

For a team currently in the thick of the Western Conference playoff race, that could have been devastating.

The Whitecaps, in the fifth and final playoff spot in the West, are in Portland on Saturday to play the Timbers in a Cascadia Cup match.

CAM TUCKER/METRO

4 SPORTS

NHL

Expansion talk surfaces in Seattle

Talk about the NHL setting up in Seattle has been resurrected.

Mitch Levy, a sports talk-radio-show host on KJR 950 in Seattle tweeted on Tuesday night that NHL commissioner Gary Bettman is "encouraging the board of governors to make an expansion team available in Seattle."

Levy said an expansion club in Seattle would cost approximately $275 million US and begin playing in the 2014-15 season.

"I don't want to target Seattle specifically and ... I'm not sure we ever addressed Seattle as a specific alternative in that process," NHL deputy commissioner Bill Daly said last week.

"Going forward, I would expect to the extent expansion comes into the picture, or relocation is needed, I'm sure the Pacific Northwest is going to get serious consideration."

CAM TUCKER/METRO

Canadian charges hard down stretch

2013 FINA World Championships.
Victoria's Ryan Cochrane wins bronze medal in Barcelona

Victoria's Ryan Cochrane with his bronze after the men's 800-metre freestyle on Wednesday in Barcelona. GETTY IMAGES

Ryan Cochrane had to claw his way to Canada's first podium finish in the pool at the 2013 FINA World Championships.

The Victoria native won his third straight medal in the men's 800-metre freestyle Wednesday, charging down American Connor Jaeger on the final 100 metres to win the bronze medal in seven minutes 43.70 seconds.

The 24-year-old won silver in the event at the 2011 worlds in Shanghai, and bronze in 2009 in Rome.

China's Sun Yang took the gold in 7:41.36. Cochrane, who came an agonizing fourth in the 400-metre freestyle Sunday, was edged by American Michael McBroom by 0.1 seconds for silver.

"The touches aren't my friend this meet," Cochrane said. "It was hard getting fourth place. It's a frustrating place to be but with a world championships anything can happen. There's so many great competitors that in this 800 I think anybody had a chance at the podium.

"To know I could claw my way back onto the podium is great and we have the 1,500 to look forward to after this."

Randy Bennett, head coach of the national team and Cochrane's coach at the Victoria Academy of Swimming, characterized the race as "interesting."

"Five guys in it all the way and it's not that normal in the distance freestyle," Bennett said. "It's usually a two- or three-horse race but it was interesting — he could have been fifth.... It's great racing for him to get his hand on the wall in the third-place position and be aware that he had to go in the last 100 as hard as he did, so we'll take the medal and run with it but you always want a little bit more."

The medal is Canada's fifth overall at the championships, and second in swimming.

THE CANADIAN PRESS

Yes, surveillance on the one who gave me bunny ears

University of Connecticut Huskies centre Stefanie Dolson, top left, gives the "bunny ears" to U.S. President Barack Obama during a ceremony in the East Room of the White House to honour the 2013 NCAA women's basketball champions on Wednesday. CAROLYN KASTER/THE ASSOCIATED PRESS

NBA

Detroit Pistons plan to win ... now

The Detroit Pistons officially announced the next step in their win-now plan Wednesday, acquiring point guard Brandon Jennings from the Milwaukee Bucks for guard Brandon Knight and two other players.

The Pistons also gave up two seldom-used players, forward Khris Middleton and centre Viacheslav Kravtsov. THE ASSOCIATED PRESS

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Horoscopes

♈ Aries
March 21 - April 20
Try not to be a control freak. Let others decide what you are going to do. It may be at odds with the way you usually go about things but it will be strangely liberating too.

♉ Taurus
April 21 - May 21
Drama will unfold over the next 24 hours, either in a personal relationship or at work. The important thing is that you don't react without thinking. Look at the situation rationally and do what must be done.

♊ Gemini
May 22 - June 21
You are full of good ideas but one idea in particular should be singled out and worked on immediately. Its success — and your fortune — depends on getting the timing right, and the time is now!

♋ Cancer
June 22 - July 23
You're in a good mood at the moment but those around you are a bit depressed, most likely because they have serious problems to deal with. What can you do to cheer them up? Just stay out of their way.

♌ Leo
July 24 - Aug. 23
You may be no-nonsense by nature but even a Leo can be fooled and the planets warn you need to be extra careful today. It's OK to dream but keep in touch with reality too.

♍ Virgo
Aug. 24 - Sept. 23
This may be a chaotic time but you seem to be enjoying the mayhem. Changes in your working environment are unsettling for sure but they are necessary too.

♎ Libra
Sept. 24 - Oct. 23
Success is important, but it's wrong to measure your life purely by how much you own or earn. The planets urge you not to get attached to material things for their own sake.

♏ Scorpio
Oct. 24 - Nov. 22
It seems you are in one of those moods when you are tempted to throw everything out and start again from scratch. The only danger is that with Pluto, your ruler, under pressure, you are likely to regret it later.

♐ Sagittarius
Nov. 23 - Dec. 21
You seem to be in an aggressive mood and today's Mars-Uranus link warns you could easily go too far and spark a feud that gets way out of hand. Relax.

♑ Capricorn
Dec. 22 - Jan. 20
Make an effort to look on the bright side today, because if you allow little things to get on top of you, your mood will head south fast. Remember too that you can't solve everyone's problems.

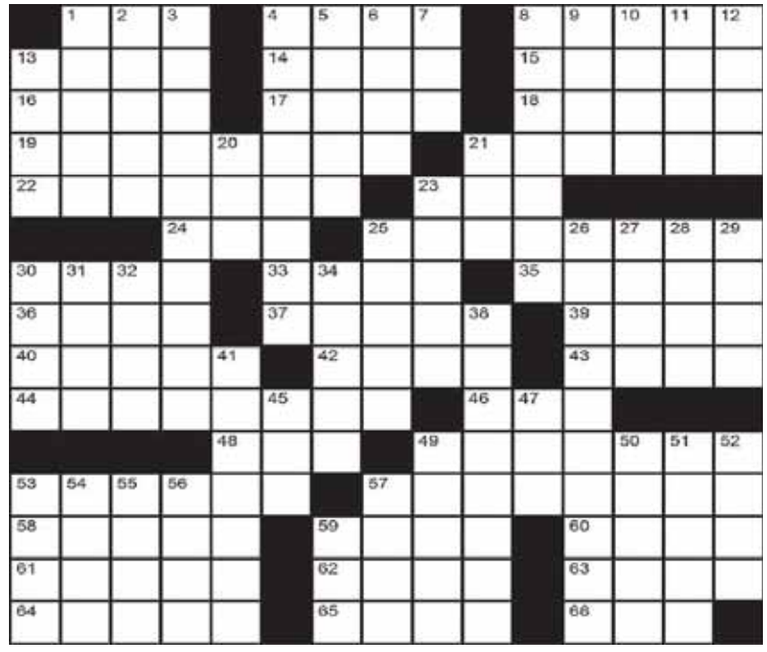
♒ Aquarius
Jan. 21 - Feb. 19
Look at what you have to do today as a challenge to be enjoyed rather than a chore to be endured. You'll be surprised at how much fun you have.

♓ Pisces
Feb. 20 - March 20
Do what you want to do today and don't waste time worrying what colleagues and loved ones might think about it. Far from being unpopular, you will find that most people respect you more for being your own boss. **SALLY BROMPTON**

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



Across
1. Bird beak
4. Grade
8. Canadian author Ms. Gallant
13. Shoe spot
14. Organic compound
15. Country legend Patsy
16. Ancient concert sites
17. Punk pop's Mr. Pop
18. Aqua-denizen, with Ray
19. Roman Empire's first Emperor
21. Adam Levine's band, __ 5
22. Beats
23. Car or truck, e.g.
24. Not nay
25. Health club class
30. Marsh matter
33. Goose eggs
35. Prefix to 'system' (Diet plan advertised on TV)
36. Years, in old Rome
37. Choreography components
39. Eminem tune
40. __ _ clock, don't wind it up
42. __ or neuter
43. Sunday song
44. Canadian singer/songwriter Ron
46. Needs-to-be-sewn site
48. Owl's sound
49. __ Beach (Resort village in Saskatchewan with a saltwater lake)
53. Jay-Z, then ...JAY Z, now ...what's missing?
57. Bryan Adams' 1984 hit album
58. More shipshape
59. 'Desserts' locale
60. Less than twice
61. Grad parties
62. Word linker-uppers
63. Crying component
64. Call (permanent) time on a relationship: 2 wds.
65. Do modelling
66. Gibraltar, e.g.

Down
1. "Obviously, Sherlock!": 2 wds.
2. Lyrical lament
3. How to do hair and makeup, plus skincare, too: 2 wds.
4. Canadian retailer of women's clothing
5. AC/DC lead guitarist Mr. Young
6. Clothing, informally
7. English cathedral city
8. __ Stadium (Calgary Stampeders' home field)
9. Banned orchard spray
10. Ristorante wine
11. "__ the Groove" by Madonna
12. Mr. Connery
13. Go parasailing
20. He's opposite
21. Sea: French
23. Big name in motor scooters
25. Hebrew alphabet's first letter
26. To-remote-locations fliers: 2 wds.
27. Small, __-bitty
28. Jam-in together
29. __ Fein (Irish republican party)
30. "No thanks." = "I'll __."
31. Duck, in Dusseldorf
32. Strong as __ __
34. "__ __ die for!"
38. City in New York State
41. Nova Scotia town
45. Lithium-__ battery
47. Fountain filler
49. Fixes
50. Principle
51. Felix's roommate
52. Easy to operate, __-friendly
53. Ballyhoo
54. Wool
55. Nudge
56. Prefix to 'sphere'
57. Gambler's destination
59. Road trip item

Yesterday's Crossword

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	9	6				5	8	
			6		8			
3	7			1			6	2
		7	1		5	4		
4								9
		5	9		2	1		
7	1			5			4	3
			3		6			
	8	3				2	9	

Yesterday's Sudoku

7	4	9	5	6	1	8	2	3
3	8	6	4	7	2	9	5	1
1	5	2	8	9	3	4	6	7
2	6	3	9	1	7	5	4	8
8	1	4	3	2	5	6	7	9
5	9	7	6	8	4	3	1	2
9	3	1	7	4	6	2	8	5
4	2	8	1	5	9	7	3	6
6	7	5	2	3	8	1	9	4

Today 23°/16° Variable
Friday 20°/16° Variable
Know what the weather will be 14 days from now.
Check the 14 day trend.
TWN incorporates MSC data

Share your Oreo moment and WIN

Share your Oreo moment by uploading your photo on clubmetro.com and you could win an ultimate One Direction and Oreo prize pack, including:

- 2 tickets to the sold-out One Direction Vancouver show on July 27
- Six bags of Oreo cookies
- Exclusive Oreo merchandise
- One Direction *Take Me Home* CD, band poster and other fun swag to get you concert ready

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1D ONE DIRECTION
OREO
club metro

No purchase necessary. Contest open to residents of Ontario and British Columbia who have reached the age of majority. Odds of winning depend on the number of eligible entries received. Six (6) prizes will be awarded, three (3) to Ontario residents and three (3) to British Columbia residents, each consisting of two (2) tickets to see One Direction in concert; one (1) bag of limited edition One Direction OREO Cookies autographed by One Direction; six (6) bags of OREO cookies; exclusive OREO merchandise; One Direction's "Take Me Home" CD and a One Direction band poster. Approximate retail value of each prize is $300 CDN. Skill testing question required. Contest opens Monday, June 17th, 2013 at 12:01 AM ET and closes Friday, June 21st, 2013 at 11:59 PM ET. To enter and for complete contest rules visit www.clubmetro.com.

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